

Summer Quest Menus June & July 2015

SCUSD is an equal opportunity provider and employer.

Menu subject to change



Monday, June 22

Breakfast

Whole Grain Cereal
Fruit Cup
Orange Juice
Lunch
Turkey & Cheese Sandwich
Strawberry Apple-Sauce
Baby Carrots
Whole Grain Corn chips

Tuesday, June 23

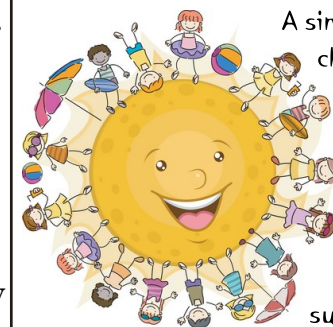
Breakfast

Apricot Emoji Bar
Fruit Cup
Orange Juice
Lunch
Honey Mustard Chicken Wrap

Apple Slices
Whole Grain Spicy Sweet Doritos

100% Fruit Juice

FUN IN THE SUN.



A single bad sunburn as a child or teen more than doubles a person's risk of skin cancer. Have fun in the sun, but if you're going to be out for more than 10 or 15 minutes, use sun screen. Every time!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Wednesday, June 24

Breakfast

Cinnamon Bagel & Cream Cheese
Fresh Grapes
Orange Juice
Lunch
Asian Salad

Quaker Snack Mix

100% Strawberry-Kiwi Fruit Juice

Thursday, June 25

Breakfast

Whole Grain Cereal
Fruit Cup
Orange Juice
Lunch
Italian Combo Sandwich
Fresh Grapes
Chocolate Pudding

Dried Tropical Fruit Mix

Friday, June 26

Breakfast

Banana Loaf
Applesauce
Orange Juice
Lunch
Turkey & Cheese Munchable
Broccoli Florets & Ranch Dressing
Goldfish Pretzels

100% White Grape Juice

Monday, June 29

Breakfast

Whole Grain Cereal
Fruit Cup
Orange Juice
Lunch
Italian Combo Wrap
Apple-Cinnamon Graham Bears

Seasonal Fresh Fruit

Tuesday, June 30

Breakfast

Apple-Cinnamon Emoji Bar
Fruit Cup
Orange Juice
Lunch
Chipotle Chicken Sandwich
Fresh Mandarin Tostitos & Salsa Cup

100% Fruit Juice

Wednesday, July 1

Breakfast

Strawberry Cream Cheese Bar
Fresh Grapes
Orange Juice

Lunch
Chef Salad

Fresh Apple Slices

Whole Grain Sunchips

Thursday, July 2

Breakfast

Cherry Turnover
Fruit Cup
Orange Juice
Lunch
Sunbutter & Grape Jelly Sandwich
String Cheese Applesauce Cup
Gogurt Yogurt
Fresh Strawberries

Friday, July 3

Breakfast

Cocoa Chip Muffin
Applesauce
Orange Juice
Lunch
Ham & Cheese Wrap
Lemon Raisels
Raisin Box
Strawberry - Applesauce

Monday, July 6

Breakfast

Whole Grain Cereal
Fruit Cup
Orange Juice
Lunch
Turkey & Cheese Sandwich
Chocolate Pudding
100% Strawberry-Kiwi Juice

Tuesday, July 7

Breakfast

Mini Cinnamon Rolls
Fruit Cup
Orange Juice
Lunch
BBQ Chicken Sliders
Cheez-it Crackers
Fresh Orange

100% Fruit Juice

Wednesday, July 8

Breakfast

Cranberry Emoji Bar
Fresh Grapes
Orange Juice
Lunch
Spicy Chicken Wrap
Trail Mix & Cheese Snak Tray

100% Fruit Juice

Thursday, July 9

Breakfast

Apple Turnover
Fruit Cup
Orange Juice
Lunch
Pepperoni & Cheese Pizza Kit
Jicama & Pineapple Sticks

Watermelon Raisels Raisin Box

Friday, July 10

Breakfast

Whole Grain Cereal
Fruit Cup
Orange Juice
Lunch
Italian Combo Sandwich
Fresh Seasonal Fruit
100% Fruit Juice
Whole grain Fritos

Meals come with **Milk** & include an **assortment of seasonal fresh produce:**

Fuji apple slices & Apples,
Broccoli florets,
Baby carrots,
Nectarines,
Oranges,
Peaches,
Pears, Strawberries

Summer Quest Menus

July 2015

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Monday, July 13

Breakfast

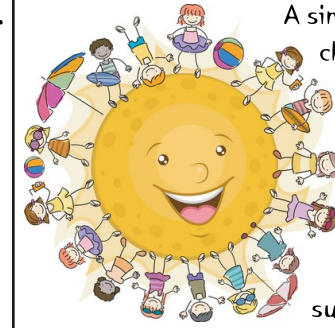
Whole Grain Cereal
Fruit Cup
Orange Juice
Lunch
Turkey & Cheese Sandwich
Strawberry Apple Sauce
Baby Carrots
Whole Grain Corn Chips

Tuesday, July 14

Breakfast

Apricot Emoji Bar
Fruit Cup
Orange Juice
Lunch
Honey Mustard Chicken Wrap
Spicy Sweet Doritos Grain Chips
100% Fruit Juice
Seasonal Fresh Fruit

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Wednesday, July 15

Breakfast

Cinnamon Bagel & Cream Cheese
Fresh Grapes
Orange Juice

Lunch

Asian Salad
Quaker Snack Mix
Strawberry-kiwi
100% Fruit Juice

Thursday, July 16

Breakfast

Whole grain Cereal
Fruit Cup
Orange Juice

Lunch

Italian Combo Sandwich
Fresh Grapes
Chocolate Pudding
Dried Tropical Fruit Mix

Friday, July 17

Breakfast

Banana loaf
Applesauce
Orange juice
Lunch
Turkey and cheese Munchable
Broccoli Florets & Ranch Dressing
Goldfish Pretzels
100% White Grape Juice

Monday, July 20

Breakfast

Whole Grain Cereal
Fruit Cup
Orange Juice
Lunch
Italian Combo Wrap
Apple-Cinnamon Graham Bear
Fresh Seasonal Fruit

Tuesday, July 21

Breakfast

Apple-cinnamon Emoji Grain Bar
Fruit Cup
Orange Juice
Lunch
Chipotle Chicken Sandwich
Fresh Mandarin Tostitos & Salsa Cup
100% fruit juice

Wednesday, July 22

Breakfast

Strawberry Cream Cheese Bar
Fresh Grapes
Orange Juice
Lunch
Chef Salad
Fresh Apple Slices
Whole Grain Sunchips

Thursday, July 23

Breakfast

Cherry Fruit Turnover
Fruit Cup
Orange Juice
Lunch
Sunbutter & Grape Jelly Sandwich
String Cheese Applesauce Cup
Gogurt Yogurt
Fresh Strawberries

Friday, July 24

Breakfast

Cocoa Chip muffin
Applesauce
Orange Juice
Lunch
Ham & Cheese Wrap
Lemon Raisels
Raisin box
Strawberry Applesauce

Monday, July 27

Breakfast

Whole Grain Cereal
Fruit Cup
Orange Juice
Lunch
Turkey & Cheese Sandwich
Chocolate Pudding
Apple sauce
Strawberry-kiwi juice

Tuesday, July 28

Breakfast

Mini Cinnamon Rolls
Fruit Cup
Orange Juice
Lunch
BBQ Chicken Sliders
Cheez-it Crackers
Fresh Orange Smiles
100% Fruit Juice

Wednesday, July 29

Breakfast

Cranberry Emoji Bar
Fresh Grapes
Orange Juice
Lunch
Spicy Chicken Wrap
Trail Mix & cheese Snak Tray
100% Fruit Juice

Thursday, July 30

Breakfast

Apple fruit Turnover
Fruit Cup
Orange Juice
Lunch
Build Own - Pepperoni & Cheese Pizza Kit
Jicama & Pineapple Sticks
Watermelon Raisels Raisin Box

Friday, July 31

Breakfast

Whole Grain Cereal
Fruit Cup
Orange Juice
Lunch
Beef Stick
Cheese Stick
Sunflower Seeds
Strawberry Applesauce
100% fruit juice

Meals come with **Milk** & include an **assortment of seasonal fresh produce:**

Fuji apple slices & Apples,
Broccoli florets,
Baby carrots,
Nectarines,
Oranges,
Peaches,
Pears, Strawberries